



Emotions of Christmas – Then and Now

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Emotion #1 _____

Then –

Now –

Emotion #2 _____

Then –

Now –

Emotion #3 _____

Then –

Now –

Consequences of each of those emotions:

#1

#2

#3

For Your Life Group:

1. What are some unique Christmas traditions in your home?
2. Which of these "3 Emotions of Christmas" is dominant in your life this year? Why?
3. Has Emotion # 2 ever been a significant component of Christmas in your past? Briefly explain the circumstances which created that.
4. If you know someone who is burdened with sadness this Christmas season, how could you encourage them in some specific way?